



Meaty carrot balls

Tasty and quick to make - whip some up for your lunches this week. Serves 4. Per serve: Cal: 402; Fat: 23.8g; Pro: 40.3g; Carbs: 3.9g

Serves: 4, Prep time: 00:10, Cook time: 00:20

Instructions

Preheat oven to 200 degrees and line a baking tray with baking paper.

Grate carrot and finely dice onion. Put into a small bowl with all of the remaining ingredients. Mix with hands until mixed through and leave for around 10 minutes for the psyllium husk to bind the rest of the ingredients.

Using your hands, fashion meatballs (around 16) out of the mixture and place evenly spaced on the baking tray.

Bake in oven for around 20 minutes or until cooked through

Serve on top of spiralised vegetables.

Ingredients

- 2 Carrot, medium
- 0.5 Onion
- 1 tablespoon Cinammon
- 1 tablespoon Ground cumin
- 2 teaspoon Sweet paprika
- 500 grams Beef mince
- 1 tablespoon Psyllium husk
- 1 Eggs
- 1 teaspoon Seasoning